

ADULT SPORTS/LEISURE (CONT.)

Conceptual Golf: Five Concepts All Great Players Understand w/Bumble Bee Hollow (Ages 14+)

What are the concepts of the swing? How does it affect your swing? Conceptually incorrect equals incorrect golf swing.

Date: Wednesday, February 4, 6:30-8 p.m.

Location: Friendship Center, Room 112

Fee: \$15R/\$17NR/\$12M (Code 9972)



Flexibility & Golf w/Bumble Bee Hollow (Ages 14+)

Discover new exercises that may help improve your games. Proper flexibility could be the key.

Date: Wednesday, February 25, 6:30-7:30 p.m.

Location: Friendship Center, Room 112

Fee: \$15R/\$17NR/\$12M (Code 9974)



Advanced Billiard Fundamentals "Pool School" (Ages 16+) (6 classes)

Topics will include stroke mechanics, cue ball control, aiming systems and more. BCA video stroke analysis and training drills give you the tools you need to play top level pool.

Date: Sats., 9-11 a.m., Jan. 10-Feb. 14

Location: Friendship Center, Social Hall

Fee: \$65R/\$70NR/\$55M (Code 9957)

Pick-Up Volleyball (Ages 18+) (10 weeks)

Informal play. No organized teams permitted.

Must Pre-Register! Limited space. Coed.

Dates: Wed., 7-9 p.m., Jan. 7-Mar. 11 (Code 9811)

-OR- Sat., 9:45-11:15 a.m., Jan. 10-Mar. 14

(Code 9812)

-OR- Mon., 7:45-9:45 p.m., Jan. 5-Mar. 9 (Code 9813)

Location: Friendship Center, Gym #2/#3

Fee: \$57R/\$62NR/Free to members!

Fitness Assessment w/Wellness Coach

Help set your goals by having assessment done-included are heart rate, body fat %, step, flex, push-up and 1/2 sit up tests.

Dates: TBA

Location: Friendship Center

Fee: \$15R/\$18NR/\$12M (Code 9818)

Adult Men Open-Rec Basketball (18+) (10 weeks)

Pick-up program for fun/exercise. Call own fouls. Must pre-register! Space is limited.

Dates: Thurs., 7-9 p.m., Jan. 8-Mar. 12 (Code 9796)

-OR- Sat., 8-9:30 a.m., Jan. 10-Mar. 14 (Code 9797)

Location: Friendship Center, Gym #2/#3

Fee: \$57R/\$62NR/Free to Members!

ADULT ARTS & CRAFTS

Painting: Oil or Acrylic w/John (10 classes)

For those with wide range of experience. Involves glazing methods, impressionist/realist technique and some drawing. Request supply list.

Dates: Tues., 6:30-8:30 p.m., Jan. 6-Mar. 10

Location: Friendship Center, Room 109

Fee: \$75R/\$80NR/\$63M (Code 9948)

Power Layout Scrapbooking w/Michele

Start an album — but never finished? This class will help you complete an album quickly. Includes Power Layout Box. Bring 75-100 photos. Paper and embellishments available for purchase or bring your own.

Deadline to register is January 12.

Date: Thursday, 6-9:30 p.m., January 15

Location: Friendship Center, Room 106

Fee: \$44R/\$46NR/\$40M (Code 9963)

Digital Scrapbooking w/Michele

Learn how to get started making your own digital scrapbook. Laptops suggested, not required, as well as digital photos (30-60) for album. **Registration deadline is January 3.**

Date: Tuesday, 7-9 p.m., January 6

Location: Friendship Center, Conf. Room

Fee: \$11R/\$14NR/\$8M (Code 9962)



Interested in Masters
Swimming?
See Page 18!